

In Loving Memory

Blanca Fernandez, CBHA Board Member

CBHA board member Blanca Fernandez was just a child in the 1970s and 1980s when she worked alongside her parents and siblings in the agricultural fields of the Yakima and Skagit valleys. It was this experience that caused her to become a lifelong advocate for the needs of migrant farm workers. She worked with the superintendent of public instruction and Governor Christine Gregoire to develop parenting and childhood education programs for the communities she serviced. Through her work with DSHS and Big Bend Community College, she educated numerous parents on self-sufficiency skills, GED completion and parenting skills. Blanca also lobbied for and was instrumental in gaining community and governmental support for farm worker housing in the Mattawa area.



Blanca was appointed to the CBHA board of directors in 1998 and served as board treasurer beginning in 2004. She saw her service on the CBHA board as an extension of her personal beliefs. She believed in its mission to "assure equal access to quality health care to all persons regardless of age, sex, color, ethnicity, national origin, or the ability to pay". She actively supported CBHA's vision "to be a model of excellence in patient satisfaction, in community health care and a community leader in initiating and developing collaborative relationships".

Blanca died of a brain aneurysm on February 13, 2009. She was 38 years old. She will be truly missed by the community of those she has helped, including all of her CBHA family. We remember her and we miss her...

Congrats to Marvis Jones CBHA 2008 Employee of the Year!

CBHA staff members are the backbone of everything that happens at our medical, dental, and vision clinics. An "Employee of the Year" is chosen from the Employees of the Month who have been honored throughout the year. Marvis Jones was selected as the 2008 Employee of the Year. He works in the facilities department and his face is very familiar throughout the clinics. He is the one who helps shovel the walks and plow the parking lots during winter storms. He cleans, dusts, sweeps, makes repairs and takes pride in keeping the clinics sparkling clean. He watches out for patients who need a little extra help with heavy doors and is genuinely interested in everyone he meets. His caring and positive attitude enriches the lives of those he comes in contact with.



New Gynecological Procedures Available

Dr. Hung Miu, long time CBHA board certified gynecologist and obstetrician, has become certified to perform two new procedures that will be offered at the hospital. The first procedure is Endometrial Ablation, which is a minimally invasive procedure and an alternative to a hysterectomy. "This is recommended for women with abnormal uterine bleeding who have not been helped by traditional techniques and do not wish to have a hysterectomy," stated Dr. Miu.

The second is Tension Free Sub-urethral Sling which is a procedure used to correct stress urinary incontinence. "A significant number of women have urinary incontinence," he said. "It is very common and under-diagnosed."

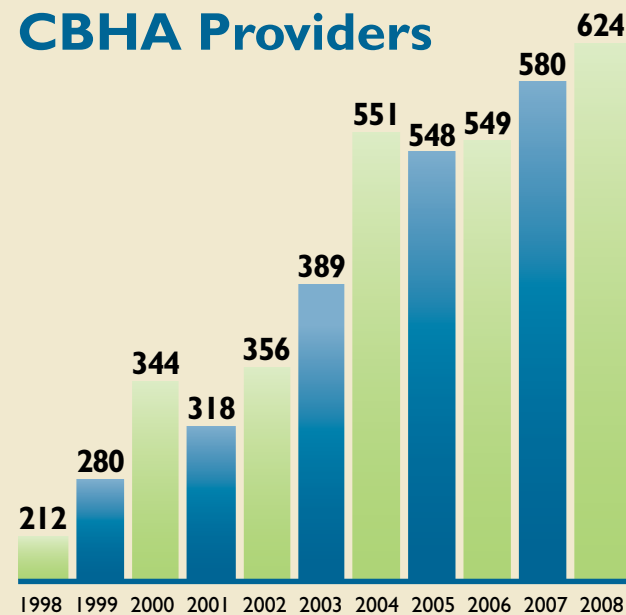
To schedule an appointment with Dr. Miu, call 488-5256.

Routine Prenatal Care Checklist

WA State Department of Health Recommendations:

- Start prenatal care as soon as you know you're pregnant.
- Get tested for HIV and other sexually transmitted infections.
- Visit the dentist. Untreated dental problems can cause problems during pregnancy.
- Make healthy food choices and plan to gain 25 – 35 lbs.
- If you use tobacco, alcohol or drugs, or feel unsafe at home, ask your medical provider or nurse for help.
- Avoid secondhand smoke.

Total Deliveries by CBHA Providers



Clinic Hours

Othello Family Clinic Monday–Thursday Friday Pharmacy, M–F Appointments:	9 a.m. to 8 p.m. 9 a.m. to 6 p.m. 9 a.m. to 6 p.m. 488-5256	Wahluke Family Clinic Monday–Friday Pharmacy, M–F Appointments:	9 a.m. to 6 p.m. 10 a.m. to 6 p.m. 932-3535
Othello Family Dental Clinic Monday–Friday Appointments:	7 a.m. to 6 p.m. 488-5256	Wahluke Family Dental Clinic Monday–Friday Appointments:	8 a.m. to 5 p.m. 932-3535
14th Avenue Medical Center Monday–Friday Appointments:	8 a.m. to 5 p.m. 488-6644	Othello EyeCare Mon, Wed, Thur, Fri Tuesday Appointments:	8 a.m. to 5 p.m. 10 a.m. to 7 p.m. 488-2020
Connell Family Dental Clinic Tue, Wed, Thur Appointments:	7:30 a.m. to 5:30 p.m. 234-0551		

Joint Commission Accreditation

Joint Commission Accreditation is recognized in the health care industry as an international standard comparable to the Good Housekeeping Seal of Approval. CBHA received this accreditation in March of 2002. Only 18% of all health care facilities in the nation are accredited.

This accreditation is granted only after a strict onsite review and inspection of a health care facility. Cleanliness, patient care policies and practices, adherence to local, state and federal laws and regulations are all taken into account.



www.cbha.org

Copias en español de esta publicación están disponibles para quien la solicita al llamar al 488-5256.

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140 East Main
Othello, WA 99344
Columbia Basin Health Association

Our Mission

Columbia Basin Health Association assures equal access to quality health care to all persons regardless of age, sex, color, ethnicity, national origin, or the ability to pay.

Our Vision

"To be a model of excellence in patient satisfaction in community and migrant health care and a community leader in initiating and developing collaborative relationships."

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Spring 2009



Hometown Health

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Othello's Children...

Our hope, our future, our greatest gift!



We Begin with a Healthy Baby!

The number of babies delivered by CBHA medical providers in 2008 totaled 624, an increase of 7.06% over 2007's record of 580. Our obstetricians and several of our family practice providers offer obstetrical services.

After the baby is delivered at Othello Community Hospital, its medical care is provided by the family practice medical providers and a pediatrician at Columbia Basin Health Association's three medical clinics.

Prenatal Care Very Important

Medical providers continue to stress the importance of adequate prenatal care for expectant mothers. Healthy habits are important to make sure the mother and baby are strong, both before and after birth. Medical care should begin as soon as pregnancy is suspected. Frequent checkups are the best way to get questions answered as the pregnancy progresses. The future of the developing baby is dependent upon adequate medical care and the environment in the mother's womb as it grows.

"Keeping Healthy Those who Feed the World"

CBHA Board of Directors

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Take Extra Care When Pregnant

A woman enters a new state of consciousness upon learning that she is pregnant. The realization and responsibility can weigh heavily on the expectant mother – especially during the first pregnancy. The initial visit to the medical provider's office is an important one. The medical provider needs to know about the expectant mother's previous medical history, past pregnancies, miscarriages, illnesses or heart disease. They will also want to know if there is a family history of birth defects. The expectant mother is given detailed information that will help guide her through the first, second and third trimester and what to do both before and after the baby is born. She quickly learns that pregnancy is a time of change, both physically and emotionally. The support of spouses/partners, friends, family and medical providers help her get through these months of change and adjustment. If there is a problem with safety in any relationship, the medical provider should be advised.

General Guidelines

Healthy habits and good prenatal care are vitally important to assure that mother and baby are strong, both before and after birth. Everything the mother does affects the baby. The dangers of tobacco, alcohol, or street drug use on the developing baby are well known. Women who smoke during pregnancy have almost twice the risk as non smokers of delivering a low birth weight baby. Second hand smoke should also be avoided. All over the counter and prescription medications should not be taken unless approved by the medical provider.

Less well known are the effects of caffeine on the developing baby. Recent research seems to indicate that caffeine intake can also result in reduced birth weight babies. Tea, coffee, cola drinks, chocolate, hot chocolate, energy drinks and alcoholic drinks all contain varying amounts of caffeine.

Complications

In a perfect world all babies would be carried to full term and arrive in perfect health. In the real world this doesn't always happen. However, with proper prenatal care, risks facing the expectant mother can be identified, analyzed and dealt with.

Gestational diabetes mellitus (GDM) is one of the most common medical complications of pregnancy. This condition develops within the expectant mother, who was not diabetic prior to becoming pregnant, as the pregnancy advances. GDM is defined as a carbohydrate intolerance of variable severity which first appears during pregnancy. Set risk factors include age, genetic background, ethnicity and number of previous pregnancies. Modifiable risk factors include obesity, lack of exercise, dietary fat and lifestyle habits that adversely influence insulin resistance, such as smoking and certain drugs. This is a serious medical condition that is treated in various ways depending on severity. Dietary control with a reduction in fat intake and the substitution of complex carbohydrates seeks to achieve and maintain the maternal blood profile essential while the fetus is developing. Nutritional counseling by a registered dietitian is recommended with an individualized plan based on the patient's height and weight. Modified exercise could also be helpful. However, it may be necessary to use insulin in cases where diet and exercise alone do not produce the desired results.

CBHA Welcomes New Providers!

Ellen Aduan, MD

Pediatrician

Dr. Aduan was very pleasantly surprised the first time she visited CBHA. "It was like an oasis in the desert," she said. She hadn't expected to find "such a cutting edge clinic," in a small rural area of Eastern Washington. "It is on par with clinics found in much larger cities."

Dr. Aduan's childhood dream to become a physician became a reality when she graduated from the University of the Philippines in 1998. She completed a Residency Training Program in Pediatrics there in 2001. She had worked as an attending physician and clinical research associate prior to coming to Othello. "I am very excited about starting my pediatric practice here," she said. "The really important thing is that everyone in the area has access to the excellent care we offer."

When not working, she plays badminton, and enjoys traveling and reading.

Mark Snow, MD

General Dentistry

Dr. Snow comes to us from Edmonds, WA. He recently completed his Doctor of Dental Surgery at the University of Washington School of Dentistry.

Dr. Snow enjoys volleyball, football, mountain biking, backpacking and most any other outdoor activity. He is also fluent in Spanish. He is glad to be in Othello and is looking forward to the warm weather. Dr. Snow enjoys the small town atmosphere and is grateful for the opportunity to help the people in this community with their dental needs.

Dr. Kakodkar, Dr. Ang and Dr. Ang's new baby boy. Dr. Kakodkar delivered the baby. Both doctors work for CBHA.



Local Premies Finally Come Home

Jaynae and Mark Bunch were excited when they learned they were going to have another child. That excitement was heightened when an ultrasound at 8 weeks revealed they were expecting twins. Jaynae's medical provider, Richard P. Bunch, MD, referred her to a specialist in the Tri-Cities. It is considered a standard of care when twins are indicated to have the patient evaluated by a specialist. They learned they were going to have a boy and a girl and Jaynae was given a due date of December 21st, 2008.

More frequent ultrasounds are performed when a multiple birth is expected. Jaynae's ultrasound at 18 weeks revealed that the baby boy was about a week behind the little girl in growth. Three weeks later another ultrasound revealed that he was falling further behind and was diagnosed with an intrauterine growth restriction. A doppler ultrasound of the placenta showed he wasn't receiving sufficient blood flow. Thus he wasn't receiving the nutrition he needed. The baby girl's growth was proceeding normally. A plan was devised to place Jaynae on bed rest with the hope the pregnancy could continue allowing the babies to increase in size and development. The situation did not improve. More tests revealed that the baby boy was having heart decelerations. The situation became critical and the twins were delivered by Caesarean section on September 17, 2008 at Deaconess Medical Center in Spokane. Jaynae was only 26 weeks and three days into her pregnancy.

The little girl, Eleanor, weighed two pounds and three ounces; Alistair weighed only one pound, four ounces. They spent 118 days in the hospital before finally coming home on January 14th. Eleanor "pretty much sailed right through with the exception of a few eating problems just before she came home," Mark said. Eleanor was discharged with a

feeding tube. "Alistair experienced quite a few bumps along the road," Mark said. He developed pneumonia, has had two eye surgeries and an inguinal hernia repair. He developed ROP which is a condition afflicting tiny premature babies involving the proliferation of blood vessels behind the retina. This can cause the retina to detach if not treated. Laser surgery behind the eye cauterized these blood vessels on two separate occasions. Alistair had to be placed under anesthesia to undergo surgery which is quite risky for such a small baby. He had a lot of respiratory problems and was on a ventilator for some time. They did periodic CTs of the head to monitor other issues which might occur. "He's a tough little kid," Mark concluded. "He's been through a lot."

It was a big day when Eleanor and Alistair arrived at the 14th Avenue Medical Center on January 19, 2009, to have their first well baby check-up. They are under the care of their proud grandfather, Dr. Richard Bunch who credits the babies survival to the "incredible care received from the physicians and staff at Deaconess Hospital." "Plus," he added with a smile, "the fact that they're tough little kids!"

Alistair does have an umbilical hernia but may not require surgery since these sometimes repair themselves without surgery. He also has some residual kidney issues which are being closely monitored by an urologist. "CT scans continue to show improvement," Jaynae said.

Mark and Jaynae are very grateful for the support they have received from their families. "We couldn't do it without them!" they both agree. They have two other children. Big sister, Georgia, is seven and brother Isaac is five. "Both kids adore the babies – sometimes too much!" – Jaynae added.



Blankets for Babies

The label on the soft fleece baby blanket reads "Hand made with love by Nana." "Nana" is Pam Betz, wife of John Betz, PA-C. About two years ago she came up with an idea to sew blankets for the babies John delivers at the hospital. She didn't mention it to John until about nine months ago fearing he might think it was silly. Instead, he thought it was a great idea. She sews fleece baby blankets with matching crib sheets. It takes about an hour for each and is a labor of love. "I really like to sew," she says. "John tells me the patients appreciate the blanket/sheet sets and that's all the thanks I need."

Pam springs into action when John gets a call to go to the hospital to deliver a baby. She packs a blanket and sheet into a gift bag, John signs a gift card and off he goes. He gives them to the mother after the delivery. Pam has a stash of blanket/sheet sets on hand to help keep up with demand. "John will occasionally deliver a set of twins and I have to be ready!" John is very appreciative of Pam's efforts in making the blanket/sheet sets. "Some of our families don't have a lot of resources and this helps out a little."

With Richard Bunch, MD, as his preceptor, John began his obstetric practice years ago. He found that it is something he loves to do. "It never gets old," he said. "Delivering babies is very exciting. Every delivery is as special as the very first one I ever did." He likes to give out the blanket/sheet sets to his patients because "it's like a thank you for allowing me the privilege of delivering their baby."



Maternity Support Services Offered at CBHA!

Finding out that you are pregnant or having just had a baby can be a bit overwhelming. There's so much you feel you don't know and, quite frankly, sometimes it's hard to cope with it all. It was with those concerns in mind that CBHA developed the Maternity Support Services (MSS) program a number of years ago. The goal of the MSS program is to provide services as early in a pregnancy as possible in an effort to promote positive pregnancy and parenting outcomes. The program uses a multi-disciplinary model that includes: your medical provider, nutritionist, nurses, social workers, case managers, and community health workers. Services are provided during the pregnancy and up to 60 days after the baby is born.

These services include:

- Pregnancy tests
- Prenatal education
- Nutrition education
- Psychosocial counseling (to prepare oneself mentally & emotionally)
- Case management – assistance in linking up to needed community resources
- High risk assessments and management by public health nurse
- Breastfeeding education and support
- Newborn care
- Family planning

Quick Tips Before Planning a Baby:

- Begin taking folic acid immediately. This mineral is important for preventing common birth defects, including spina bifida. The earlier you begin, the greater the chances of preventing birth defects or nervous system defects in infants. Folic acid is also essential for maintaining heart health throughout life.
- Begin an exercise program. Studies indicate that women who participated in vigorous physical activity before pregnancy and continued the activity during early pregnancy may reduce the risk of developing abnormal glucose tolerance and gestational diabetes mellitus.
- If you are a smoker, make an effort to quit. Your medical provider will be able to provide you with resources and helpful tips to enable you to achieve this goal.